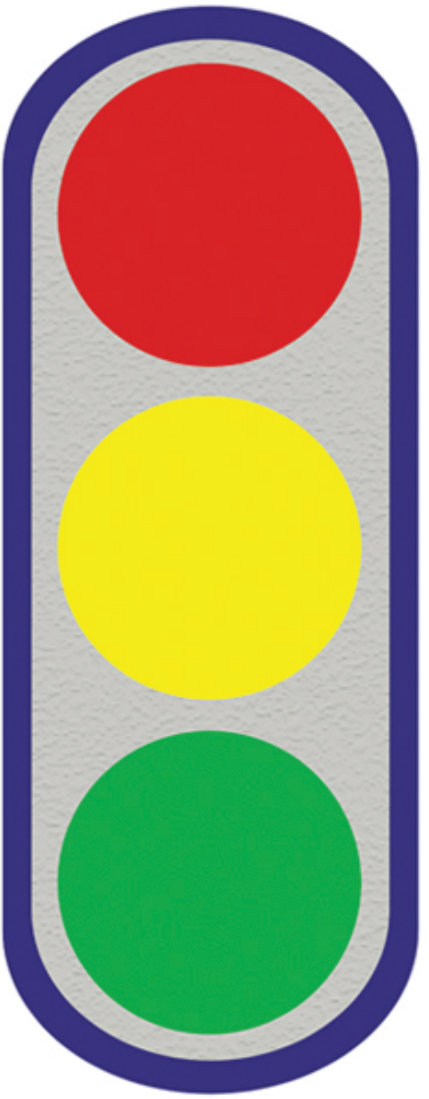
IMPULSE MANAGEMENT



STOP!

Gasp a long, deep breath.

THINK

of options.

GO

with your best choice.

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